

# DESERT AIRMAN

Vol. 60, No. 34

Davis-Monthan Air Force Base, Ariz.

Friday, August 25, 2000

## Around D-M

### Anthrax vaccinations

Due to the redistribution of the vaccine, Davis-Monthan Air Force Base has suspended anthrax vaccinations until further notice. Both initial and booster shots for all members in the continental United States are suspended at this time. Individuals preparing for assignments in Southwest Asia or Korea for longer than 30 days will receive the appropriate immunizations upon arrival. D-M members will be notified when the full anthrax vaccination program resumes. Call public health at 8-2714 for more information.

### Blood Drive

The Red Cross will hold a blood drive Tuesday in the Building 4859, the mobility building, from 8:30 a.m. to 3:30 p.m. Donors should start drinking plenty of caffeine-free fluids two days before donating and eat a good meal 2 to 4 hours before donating. Call Tech. Sgt. Liz Santamaria at 8-9048 or the Red Cross at 917-2820 to make an appointment. Walk-ins are also welcome.

### D-M 50 Picnic

The D-M 50, local civic leaders and base supporters, are hosting a picnic for the base at Bama Park Sept. 23. The picnic is free and open to all D-M members and their families. Watch the Desert Airman for more information.

Days since  
last D-M DUI:

02



Need a ride? Call Airmen  
Against Drunk Driving  
at 850-2233.

(Current as of Thursday)

## LOCAT to visit D-M maintainers

By 2nd Lt. Danielle Burrows  
Public affairs

Air Combat Command's Logistics and Operations Consultant and Assistance Team, headed by Lt. Col. Shannon Crowley, will visit Davis-Monthan Air Force Base Monday through Thursday.

The 18-member LOCAT visits every 12 to 18 months to consult on base aircraft maintenance functions.

"LOCAT was established to develop a means to pass issues from the wing commander directly to ACC's maintenance and logistics," said Lt. Col. Thomas Dean, 355th Wing Logistics Group assistant operations officer and the LOCAT project officer. "This 'two-way street' is at the invitation of the wing commander. They look at how the wing follows AFIs (Air Force instructions), ACCIs (ACC instructions) and technical guidance."

"(Some of the areas) they look at are processes, scheduling and training, just to name a few," said Capt. David Rodriguez, 355th Equipment Maintenance Squadron maintenance flight engineer.

In addition to assessing how well the unit performs duties outlined in the instructions and technical orders, the team identifies areas where D-M needs ACC help.

"The hope is this visit will identify how ACC is, or can better, assist the wing," Dean said. "The LOCAT establishes action items for ACC to work for the wing. Items that are beyond our control, changes the field wants made to the ACCIs, and our 'best practices' are taken back and incorporated if applicable."

"Also, LOCAT passes on 'good  
See LOCAT Page 3



2nd Lt. Danielle Burrows

Airman 1st Class Kenneth Gray, 362nd Training Squadron A-10 maintenance student, reviews checklist and procedures for refueling an A-10. All A-10 maintenance is taught at Davis-Monthan Air Force Base.



# Commander's Corner

## Commander's Salute

This week, I salute members of the community center and the Missoula Children's Theatre, who helped make The Wiz of the West performance with D-M's young actors and actresses possible.



**Col. Bobby Wilkes**  
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at 8-4747, or you can send an e-mail to us at: [355thWing.CommandersCorner@dm.af.mil](mailto:355thWing.CommandersCorner@dm.af.mil).

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

<b>AAFES Agencies</b>	<b>748-7887</b>
<b>Accounting and Finance</b>	<b>8-4964</b>
<b>Chaplain</b>	<b>8-5411</b>
<b>Civil Engineering</b>	<b>8-3401</b>
<b>Clinic</b>	<b>8-2930</b>
<b>Commissary</b>	<b>8-3116</b>
<b>Family Support</b>	<b>8-5690</b>
<b>Fitness Center</b>	<b>8-3714</b>
<b>Housing Office</b>	<b>8-3687</b>
<b>Inspector General</b>	<b>8-3558</b>
<b>Legal</b>	<b>8-6432</b>
<b>Lodging</b>	<b>8-4845</b>
<b>Military/Civilian</b>	
<b>Equal Opportunity Office</b>	<b>8-5509</b>
<b>Military Personnel</b>	<b>8-5689</b>
<b>Public Affairs</b>	<b>8-3204</b>
<b>Security Forces</b>	<b>8-6178</b>
<b>Services</b>	<b>8-5596</b>
<b>Transportation</b>	<b>8-3584</b>

## Haircut

**Comment:** Recently, there was a lot of talk regarding what is an allowable haircut. Many field grade officers have mentioned to me that unless I am an African-American, I am not allowed to have my hair cut as short as it is: cut with an electric razor, not shaved. Although I fail to see why shaved would be a problem either. Is this the wing policy?

**Response:** We appreciate your concern over the issue of what is and is not an acceptable hairstyle. AFI 36-2903 states that an acceptable male haircut "will have a tapered appearance on both the sides and the back." Faddish or extreme hairstyles are not acceptable.

To address your concerns over the assumed "African-American waiver." There is no such waiver. No prohibitions exist that allow any Air Force member to wear his hair cut short or shaved.

Everyone must ensure we represent the Air Force in a professional manner at all times. Wearing a short hair cut does not violate these standards; however, commanders may require members of their unit to adhere to more stringent standards of dress and appearance when safety, health or welfare of the unit dictates.

Military image in and out of uniform should be everyone's primary objective.

Thank you for the opportunity to address this issue and clear up any misconceptions or misunderstandings.

## Identity

**Comment:** Two months ago my financial life took a sudden and unexpected turn.

Someone has been using my name and social security number to establish accounts in various towns and then leaving them unpaid.

I learned about this when I received a call from a collection agency demanding payment. I

haven't progressed much in clearing these matters nor do I know if all accounts have surfaced, but I have discovered that all accounts were opened using my name and Social Security number only.

The problem is I have to prove I did not open these accounts or live in these cities. At first I thought this would be easy, because I've lived in the same residence for the past 19 years. Wrong!

As a result, I guard my SSN with great vigor. Which brings me to my point.

The current commissary policy that states all checks must have a SSN is outdated and not in line with good personal security. It's time a senior officer from the 355th Wing or 12th Air Force, start an initiative to change this outdated policy.

Society has changed and there are many out there who don't have the honesty and integrity that Air Force members live by everyday of their lives. It's time for a 21st century policy and standard that doesn't give vital information to the unscrupulous.

**Response:** Thank you for taking advantage of the Commander's Corner program and for providing us the opportunity to respond to your question.

Regarding your question about Social Security, in the commissary, by regulation, all personal checks must contain sufficient information to easily identify the patron and sponsor. If the check writer is an active-duty, reserve or retired member, dependent or authorized civilian the following information is required; name, SSN, rank, status, phone number and address. All personal data that is submitted is protected by the Privacy Act of 1974.

However, if a person does not wish to provide their SSN, they do have the option of remitting with cash or credit card.

Call Michael Howell, at 8-3244 if you have more questions or concerns.

# Your Final Answer?

## What is your ideal vacation and why?



Tech. Sgt.  
Robert Cooper  
355th Transportation  
Squadron

"I would like to be able to take my entire family to the Bahamas. With five children, family vacations can be expensive. But I will someday."



Tech. Sgt.  
Bob Rice  
355th Wing

"I would love to take an Alaskan Cruise. It would be great to see the beauty of the land and the animals found there. I think that I would especially enjoy the cooler weather."



Senior Airman  
Roy Contee  
355th Services Squadron

"I would like to travel throughout Europe. I would like to experience the different cultures and geographic locations."



Senior Airman  
Stephanie Green  
355th Operations Support  
Squadron

"A somewhat deserted island where I could totally relax and be pampered. A place to get away from it all, but have great service — food and massages."



Lt. Col.  
Michael Fredrick  
12th Air Force

"I would like to take my family on a cruise to the Caribbean. My 12-year-old son has been asking to go. He is interested in the shipboard life experience."



Retired Col. Al and Lynda  
Adams

"We just got back from London and we plan to go to Spain and Portugal. We enjoy travelling in our retirement. Ideally, we plan to go to places where one of us has not already been."



Airman 1st Class Maryann Walker

## New commander

Master Sgt. Jack Baker, 355th Logistics Group information manager, explains some of the network functions to Col. Kathleen Spencer, 355th Logistics Group commander. Spencer assumed command of the logistics group July 21.

# LOCAT

## Continued from Page 1

ideas' or information from other bases that may prove beneficial to D-M," Rodriguez said.

One important function the team provides is a look at wing maintenance management pro-

grams without being rated.

"LOCAT is not an inspection, so it is a 'non-threatening' look at wing maintenance management programs," Dean said. "Since the team is made up of the ACC functional areas, if problems are identified by the units, training can be provided on the spot."

This includes making sure proper forms are used and that tools are properly tracked and stored.

"LOCAT can be the equivalent of a mid-term evaluation," Rodriguez added. "Ideally scheduled every 12-18 months, LOCAT lets wings know how they are doing without actually 'writing them up.' This gives the wing the opportunity to correct areas that might need improvement prior to a unit compliance inspection."

Twelve squadrons in the logistics and operations group to be inspected were pre-evaluated by the base to prepare for LOCAT's arrival.

"D-M began the looking at critical areas and past LOCAT reports from other bases as early as March," Rodriguez said. "Hats off to all D-M LOCAT



2nd Lt. Danielle Burrows

Airman 1st Class Kenneth Gray, 362nd Training Squadron A-10 maintenance student, reviews paperwork with Tech. Sgt. David Jenkins, 362nd TRS A-10 maintenance instructor.

members and especially quality assurance for all the hard work accomplished prior to the ACC LOCAT visit."

Visit the LOCAT Web site at <https://lg.acc.af.mil/lqg/locat/locat.htm> or more information on the team.



2nd Lt. Danielle Burrows

Senior Airman Timothy Rice and Senior Airman Raymond Todd, both 355th Supply Squadron fuels technicians, train on refueling procedures.

## Weather

Tom Johnston, Channel 13 chief meteorologist, explains a little bit about his job to a group of children at the Davis-Monthan Air Force Base youth center Aug. 15. He also stressed the importance of staying in school and getting a good education. This is just one of the many special events offered at the youth center for children. Call the youth center at 8-8485 for more information on youth activities.



Staff Sgt. J. Elaine Phillinganes



# Arizona Air National Guard graduates 28 senior airmen

**By Tech. Sgt. Ariel Nieves**  
*162nd Fighter Wing*

Davis-Monthan Air Force Base hosted the Air National Guard Airman Leadership School July 10 through Aug. 10. This was the first year that the leadership school was located at an active-duty Air Force base.

"Davis-Monthan provided us exceptional support during our stay," said Master Sgt. Mark Tarin, ALS flight chief.

"Our goal was to locate a regional site for the ANG ALS at Operation Snowbird, on Davis-Monthan, and they provided superb support to our



Airman 1st Class Maryann Walker

*Air National Guard Airman Leadership School students work with Habitat for Humanity members building a house as a part of a community project.*

students and staff."

"It is really a unique experience to watch the progression of the airmen throughout the course. Through instruction and experiences, they evolve from individuals into a cohesive group. Watching the students come together as a team can only happen at an in-residence school," said Tech. Sgt. Debbie Hruschka, a seven-year instructor.

Directing his comments to the graduating students, Chief Master Sgt. Arthur Hafner III, ANG NCO Academy commandant at McGee Tyson ANG Base, Tenn., told students to take advantage of opportunities, study, continue your education and listen to successful people. Attitude has a big impact on everything you do in life, it will make or break a company, organization, church or home.

"Your future and promotion opportunities in the ANG will hinge on your successful completion of PME (professional military education). Sometimes PME can be a tiebreaker for a promotion," Maj. Gen. Stephen Thu, Arizona ANG commander, said at the Arizona ALS graduation ceremony.

Students also played an active role in their graduation ceremony, which was attended by graduating students, spouses, friends, co-work-

ers and supervisors. Senior Airmen Michael Polloni, Bryon Sheriff and Denise Hauser remembered prison-

ers of war, those still unaccounted for and those missing in action through the POW/MIA presentation at the ALS ceremony.

During the first ANG ALS graduation several airmen separated themselves from their classmates and were honored with awards. Senior Airmen Douglas Fierabend, Brian Farrell and Michael Sullivan, of the 161st Air Refueling Wing, Phoenix were named distinguished graduates. Farrell also received the leadership award. Senior Airman Kenneth Sonnenberg, 161st ARW, was awarded the academic award. Fierabend also received the John L. Levitow Award, the top recognition named after the only Air Force enlisted member to be awarded a Medal of Honor during the Vietnam War, for excellence as a scholar and leader.



Airman 1st Class Maryann Walker

*Air National Guard Airman Leadership School students work with Habitat for Humanity members on a community project to help landscape homes.*



Airman 1st Class Maryann Walker

*Students from the first Air National Guard Airman Leadership class at Davis-Monthan Air Force Base take a break during a community service project with members of Habitat for Humanity.*

Advertising



# QAEs help D-M get its money's worth

Your trash not emptied? The grass being choked out by weeds? The dumpster overflowing? Who ya gonna call? No, it isn't the fabled Ghostbusters but your local quality assurance evaluator. These select individuals have the responsibility of monitoring contractor performance to ensure the government receives the level of service that was contracted.

Commanders, based on the individuals capabilities and technical expertise, appoints a QAE. QAE duties are vitally important to the base and for that reason, take precedence over all other duties. A QAE conducts regular surveillance on contractors' performance and maintains documentation that can be used to reward a contractor for excellent work or to allow for the withholding of funds for poor performance. Some contracts are extremely large in scope and can be performed in many sites across the base and 24-hours a day. Because a QAE cannot be everywhere at one time, they rely on you, the everyday customer, to help be their eyes and ears.

Each contract has a customer complaint system that enables you to voice your opinions and complaints directly to the QAE who will act as the liaison for the contracting office. If you find the level of service is not to your satisfaction, you should deliver it, in writing, to the QAE so that they may take action to correct the contractors' performance or resolve an issue that may be in question.

Once the QAE has investigated the circumstances of your complaint, they will respond back to you with the resulting resolution. In this way, we are able to retain quality contractors on Davis-

Monthan Air Force Base and take steps to remove those whose track record renders them poor candidates for future government business.

D-M quality assurance evaluators and the contract service they are responsible for are: Food Service: Staff Sgt. Scott Murphy, 355th Services Squadron, at 8-3030 and Staff Sgt. Bill Skakolski, 355th SVS, at 8-3714. Library: Tech. Sgt. Roberto Valencia, 355th SVS, at 8-5501 and Master Sgt. Rogelio DeFietas, 355th SVS, at 8-4556. Switchboard: Staff Sgt. Rocky Shamburg, 355th Communications Squadron, at 8-6481 and Master Sgt. Joseph Jackson, 355th CS, at 8-6098. Postal Center: Phillip Griego, 355th CS, at 8-4894 and Tech. Sgt. Steven Nolan, 355th CS, at 8-1106. Custodial and ground maintenance: Milt Cornwell, 355th Civil Engineer Squadron, at 8-4175 or 8-5322 and Richard Engelbrecht, 355th CES, at 8-4175 or 8-5322. Refuse collection: Sherman Cummins, 355th CES, at 8-5322 and Engelbrecht. Manufactured housing maintenance: Dan Baker, 355th CES, at 8-3687 and Dorothy Gibson, 355th CES, at 8-3687.

Additionally, if you have questions about a particular contract or contractor, you are welcome to call the contracting office and speak to the contract administrator. The contract administrators are: Postal services and switchboard operators: Staff Sgt. Bret Zieman at 8-2216; library services: Tech. Sgt. Carlos Acosta at 8-3873; food services: Staff Sgt. Greg Manning at 8-4190; custodial: Staff Sgt. Dennis Mohn at 8-5476; refuse collection: Master Sgt. Kirk Roegner at 8-4830; and manufactured housing maintenance: Arthur Perry. (Courtesy 355th Contracting Squadron)



Airman 1st Class Maryann Walker

## New commander

*Lt. Col. Joseph Pridotkas, 612th Air Intelligence Squadron commander, leads a meeting with members of the 612th AIS. Pridotkas assumed command of the squadron July 12.*

Advertising

# D-M members recognize quarterly award winners

*"All credit for the outstanding job we do in finance goes to the troops. This award was a team effort. I appreciate the more than 30 military and civilian members that make up my team. I'm just the coach."*

**Capt. Sanora Brunson**  
**355th Comptroller Squadron**  
**Company grade officer**  
**category**



*"Focus your energy on getting things done rather than on giving reasons why you can't. 'I can't' is not in my vocabulary, and I tell my troops they can make a difference."*

**Senior Master Sgt.**  
**Victor Magnon**  
**355th Equipment**  
**Maintenance Squadron**  
**Senior NCO category**



*"Sometimes we get so caught up with our own problems that we forget how good we have it. When you help someone and make their day, it's a great feeling."*

**Staff Sgt. Juan Aleman**  
**355th Security Forces**  
**Squadron**  
**NCO category**



*"Service is the rent we pay for being; it is the very purpose of life and not something you do in your spare time."*

**Senior Airman**  
**Roxanne Thornton**  
**355th Medical Operations**  
**Squadron**  
**Airman category**

*"Life is too short not to enjoy what you do for a living."*

**Gretchen Swinehart**  
**355th Services Squadron**  
**Civilian supervisor category**



*"I have been with the military more than 27 years, as an enlisted member and a spouse, and love every day. Treat everyone as you would treat yourself, do your best at whatever you do, and set goals and try to achieve them."*

**Denise Hamilton**  
**355th Medical Support**  
**Squadron**  
**Civilian employee category**



## Advertising



## Wiz of the West

Some of Davis-Monthan Air Force Base's youngest actors and actresses starred in Michael McGill's play *The Wiz of the West* Aug. 18 in the base theater at 1:30 and 7 p.m. Most of the cast and the assistant directors were children from 5 to 12 years of age who came together for auditions Aug. 14, practiced and performed the play in less than a week. Mike Russo, community center director, was the point of contact for members of the Missoula Childrens Theater International Tour Project, from Missoula, Mont., who made the performance possible. Call Jim Caron at (406) 728-1911 for more information about the Missoula Children's Theatre or visit their Web site at [www.mctinc.org](http://www.mctinc.org). Call Russo at 8-3717 for more information on activities for children at the community center.

Photos by Senior Airman Shanda De Anda

# Advertising



MDG commander:  
Standards are us

By Col. (Dr.) Thomas Scott  
355th Medical Group commander

I remember some of my younger and more foolish days especially well. One fine morning, some years ago, my wife, who is also on active duty, chided me gently for not dressing in proper uniform. I was missing some insignia on my field jacket. I jauntily retorted that the Air Force paid me, a doctor, for what I knew and what I could do, not what I looked like. Unchastened, I then plunged arrogantly and ignorantly into my day. I'm sure I left many heads shaking incredulously in my wake.

Fortunately, this was a view not shared by most of my colleagues in the medical service. I was wrong. I see things differently now. A few years further down the road and wizened by involvement in several operational deployments I have a new attitude about standards; standards of appearance as well as conduct. My newer attitude comes from a deepening appreciation of the sacrifices that my fellow service men and women continually make and the superb service that they render to my beloved country. My newer attitudes come from the increasingly obvious realization that people who sacrifice so much and work so hard for the nation, do so while striving to meet standards that are higher in many ways than those of the citizenry they are sworn to defend.

Chief bids farewell

By Chief Master Sgt. Ron Kriete  
355th Wing Command Chief Master Sergeant

What a fantastic journey these past few years have been for my family and me.

It seems like only yesterday I was honored with the opportunity to represent the enlisted men and women of Davis-Monthan Air Force Base. I thank each and every one of you, past and present, who made my time nothing less than rewarding.

A special thank you goes to the commanders, chiefs and first sergeants who continue to give their endless dedication and devotion to enhance the "quality of life" for military members and their families.

You have certainly made my stay much easier and with out a doubt an enjoyable time.

For all the behind-the-scenes folks -- we all know who they are -- my sincere appreciation for all the hard work and thankless hours you give. You make the front-line scene look smooth.

I would also like to send a warm thank you to our "community partners." The men and women of D-M are truly blessed with the open arms you provide each of us, day in and day out, year after

“ You are all warriors who strive for perfection in everything you do. Your lists of accomplishments are humbling.



Chief Master Sgt. Ron Kriete  
355th Wing Command Chief Master Sergeant

”

year. Your continued support means more than words can describe, and it certainly does not go unnoticed.

Last, but certainly not least, my sincere thanks goes out to every member of Team D-M. You are all warriors who strive for perfection in everything you do. Your lists of accomplishments are humbling. You have provided my family and me memories to last us a lifetime.

God bless each and every one of you, and God bless the United States Air Force.

Now, I wake up nearly every day wondering if I am worthy of their continued company. I am trying to do my best to earn their respect and demonstrate worthiness in my words and actions... and, yes, even the way I look in uniform. I understand now that meeting standards of conduct and appearance signals


my respect for others of my ilk and is not just the result of simple minded adherence to arbitrary rules. When a young airman salutes me on the street I often silently wonder if I've conducted myself so far in the day in a way that deserves that salute.

**continued on Page 11**

Welcome to Davis-Monthan

Col. James Diehl, 51st Logistics Group Commander, Osan Air Base, Korea  
Royal Thai Air Force Officers

September Promotion Line Numbers



0001 - 1776      0872 - 1747      0633 - 1264      0485 - 0587      0279 - 0313

355th Wing Flying Goals



	Hours			Sorties		
	41st	42nd	43rd	354th	357th	358th
Goal	255	427	264	542	436	447
Flown	217	322	234	385	332	369
Delta	37	14	16	10	19	51
YTD	99	48	68	125	95	70

Current as of Wednesday

**Uniform issue --** The old service dress jackets were phased-out effective Sept. 30, 1999, but are we still authorized to wear the polyester double-knit skirt/slacks and trousers? **Answer:** Yes, the skirts/slacks and trousers can continue to be worn with authorized blouses and shirts; only the jackets were phased out. Contact your first sergeant or commander for more information or guidance. Wear your uniform with pride! (Courtesy of 355th Mission Support Squadron Personal Affairs Element)



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5275 East Granite Street • Davis-Monthan AFB, AZ 85707-3010  
(520) 228-3204 Available on line at [www.dm.af.mil](http://www.dm.af.mil); click on Desert Airman

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## Standards —

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I now believe that when I am squared away, look sharp and act sharp I am saying to other service members "I respect your hard work and sacrifice. I appreciate what you are doing for me and our country." I want them to think that I am worthy of their efforts.

A properly worn uniform is a symbol of respect and gratitude to each other.

Failing to meet standards in conduct and appearance is ultimately an act of self-deprecation.

In thought, deed and appearance, do we demonstrate that we are worthy of each other. Are you worthy?



Airman 1st Class Latonia Brown

Col. (Dr.) Thomas Scott (right), 355th Medical Group commander, observes as Staff Sgt. Dawn Sudduth, 355th Aerospace Medicine Squadron, administers an allergy shot to Capt. Christopher Small, 355th AMDS Bioenvironmental Engineering Flight commander.

## Frontline supervisors are Air Force's most vital link

By Chief Master Sgt. Lew Monroe  
MacDill AFB, Fla.

With people being the most precious resource in the Air Force, training, supervision and development of our young airmen has to be the No. 1 focus. The responsibility falls squarely on the shoulders of our frontline supervisors. These NCOs spend more time with the airmen than the commanders, chiefs and first sergeants combined. Airmen learn to trust and confide in the frontline supervisor, and if the situation is ideal, an airman will fully trust the judgment and direction submitted by the frontline supervisor. As a frontline supervisor, you must be ready to step up. Realize that your every move is being watched by the most impressionable people in the Air Force — our airmen. You must be involved in every aspect of your troop's life; yes, every facet. You are our most vital link! (Editor's note: Chief Monroe is command chief master sergeant for the 6th Air Refueling Wing).

## Safety gives tips for long-distance driving

When you drive long distances, don't let fatigue or boredom cause an accident. Get enough sleep before you start a long trip and try to limit your trips to a maximum of six to eight hours of driving a day.

Here are some tips to help prevent or counteract fatigue that comes with the boredom of highway driving:

Make rest stops every 90 minutes. Never drive for more than 2 ½ hours or about 150 miles without a break.

During rest stops, get blood circulating by jogging, fast walk-

ing, stretching, exercising hands or splashing cold water on your face and wrists.

Heavy meals can make you drowsy, so opt for a number of light snacks. Take chewing gum and hard candy along for behind-the-wheel snacking.

Bring someone along for company and conversation. If you must travel alone, keep occupied by singing, whistling or talking to yourself.

Do not drink even small amounts of alcohol and avoid medications that cause drowsi-

ness.

Avoid driving between midnight and 6 a.m.

Don't drive near large trucks for any length of time. The noises they make are loud and monotonous.

Don't become too comfortable or inactive. Vary speed, change seating position, open and close the windows and take deep breaths from time to time.

Finally, at the first sign of drowsiness, take a break and don't start up again until you feel alert. Two remedial actions can make a

short-term difference in driving alertness: taking a short nap (about 15 to 20 minutes) and consuming caffeine equivalent to two cups of coffee.

**WARNING:** The effectiveness of any of the steps above to improve alertness when sleepy, to include opening a window or listening to the radio, has not been proven to be full proof! They only delay the inevitable!

The only method of preventing drowsiness is with adequate sleep before driving. (Courtesy 355th Wing Safety Office)

## Advertising

**By Maj. Beverly Sabourin  
and Capt. Christina Laury**  
355th Medical Group

*(Editor's note: This is the second of a two-part series on preventing injuries to improve your golf game.)*

There has been a long-standing myth that strength training is detrimental to golf and can hinder the swing by developing large, tight muscles. Not so. For the pros, the goal is to strengthen, not gain, muscle mass and improve flexibility under proper guidance. Strength is an important ingredient in the tremendous skill required to play well. Strength training develops overall body control and endurance allowing you to strike the ball more accurately and consistently. The following are some recommended and not recommended exercises that you can perform as part of your golf-conditioning program:

**Back smarts:** The back is critical in golf. It is one area where most of the power associated with the game is generated. Out of all the muscles groups of the body, it has been noted that individuals work the back improperly when exercising. The reason...they cannot see it work, working the back is all "feel". The following exercises are not recommended due to the possibility of injury because of form: bent over barbell rowing motion, chins or pull-ups. It is recommended that you use the dumbbell bent over rowing motion performed one arm at a time and that you maintain balance on a bench. Also recommend wide grip pulldowns, close grip pulldowns and reverse grip pulldowns. Proper form is required.

# Exercises key to golf conditioning program

For the lower back, stiff legged deadlifts, properly performed and always under control will produce excellent results and at the same time work the hamstrings.

**Leg support:** Your legs are very important to your game. This area includes the thighs, frontal and hamstrings, the lower legs and the hip area. It is from the hips and legs that most of the power in your game is centered. Depending on your level of competition, the legs also require endurance. Training the legs is hard. Properly performed, the entire body will benefit. There are not many leg exercises that are not recommended. The main thing to keep in mind is to avoid improper form and trying to use too much weight. Back training can and will result in injury or worse if you lose control and/or try to push too hard. We do not recommend heavy squats or maximum squats for golfers. There is always the tendency to lean over, place the bar too low on the shoulders or back or lose balance. If there is one exercise we would ever recommend for anyone not restricted by injury or health, is the properly performed squat. It should always be performed under control and within one's capabilities. The bar should be placed and held high on the back and you should lower yourself only to parallel. If you like doing the leg press, we like to see the 45-degree unit with a large footpad; that way you can utilize various positions on the

board. Repetitions should be higher, around 12 to 15. Leg extensions are always included and don't forget the hamstrings or rear thigh. We recommend leg curls, standing, seated, one leg or both, plus the stiff legged deadlift. You need to work the whole leg so seated and standing calf or toe raises should be included in your routine. We also recommend lunges. This exercise works the hip area along with the thighs.

**Shoulder glue:** Every swing you take involves the shoulders...even your putts. Doing the wrong exercises can take away from the flexibility required and may lead to injuries of the rotator cuff. The wrong exercises can also cause the muscles to be over developed and this can throw off every shot. Over use of exercises that work the trapezoids muscle, shrugs and high pulls, will interfere with your swing. These muscles will contract and cause the club to move within the arc in such a way to throw your shot off.

**Arms:** All of us, men and women, want better-looking arms. This is obvious when you look in a gym and see everyone in the mirrors doing endless sets of biceps and triceps work. This is natural because we can "show off" the arms all the time. Showy arms are not required in golf. The arm muscles must be strong and have endurance. The arms also take into account the forearms and wrists. The arms can definitely interfere

with all your swings and strokes. If they are "over developed" they contract and you get the club to "slide up", throwing off the shot. We caution the use of the preacher curl, whether with dumbbells or barbell. Non-machine preacher curls could lead to injury in the elbow area, the most severe a dislocation. The elbow is a delicate joint. Proper form is required or one can suffer inflammation to the tendons and ligaments. This is painful and will interfere or prohibit your play. For the biceps, we always recommend good form. Seated dumbbell curls, incline curls or controlled barbell curls are recommended. We recommend the use of a preacher curl machine if this exercise is to be included. This unit offers safety stops and better control. The risk of serious injury is greatly reduced. For the triceps, we recommend lying extensions with dumbbells or barbell. Remember, with a barbell it is commonly called the "skull crusher" for good reasons. We strongly recommend properly performed triceps pushdowns and triceps dip (either on parallel bars or off the end of a bench).

Proper golf technique and equipment and preventive measures can minimize golf-related injuries of the back, shoulders, elbows, and hands and wrists.

By deploying a simple routine of conditioning, not only will you improve your game of golf, but your overall health as well. Feel free to contact the people in the Physical Therapy Element at 8-2886 if you have any questions concerning a conditioning program for golf. See you on the links.

## Advertising





# Sonoran Spotlight

*(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)*



Airman 1st Class Maryann Walker

For Lincoln, Neb., native Tech. Sgt. Douglas Onwiler, his high-profile job at the base chapel is enough variety to keep him busy.

As NCO in charge of chapel administration, Onwiler is responsible for ensuring the chapel is properly maintained, he schedules the use of the chapel, he provides support for the chaplains and all the chapel programs and functions, and he supervises the duties of the four assigned enlisted chaplain service support personnel.

He joined the Air Force more than 17 years ago primarily for the education and experience, but said he also joined to fulfill what he sees as his patriotic duty.

Onwiler said he plans to go as far as he can in the Air Force and enter seminary after retirement.

In his spare time, he enjoys woodworking, singing, bowling, traveling and scuba diving. He holds a 2nd degree black belt in Tae Kwon Do and loves spending time with his family.

"I really enjoy the unique opportunities we have at the chapel to interface with people from different career fields and a variety of faith groups," Onwiler said.

As one might expect, he is a die-hard Nebraska Cornhusker fan, and the red in his "veins" also flows for the Kansas City Chiefs.

Onwiler's role model has always been his dad ... "he has shown me what being a good father, mentor and friend is all about."

## Advertising

# EPR

## 1st Sgt, airman share successes, keys to top rating

By Karen Halstead  
Public affairs

*(Editor's Note: The following is the second in a series of three articles intended to explain the elements of the enlisted performance report and how the family can impact the active-duty member's rating.)*

First sergeants work 24-hours a day, seven-days a week. Among their many varied duties, they are tasked to review all enlisted performance reports before the commander's review, and advise their commander of quality force indicators.

First sergeants know about good things that happen to the members of their squadron and are also responsible for squadron discipline issues. The first sergeant is expected to know their squadron better than anyone else.

Yet, when it comes to the EPR, some performance factors can be viewed as subjective, due in part to the grayness of some areas. It isn't all black and white.

First sergeants see first-hand how family support impacts the active-duty member's performance.

Chief Master Sgt. Amerophan Callahan, 12th Air Force first sergeant, believes there are many ways family members can help the active-duty member be good military citizens.

"Many (non active-duty) spouses work too," she said. "But family members can help (the active-duty member) by encouraging them to eat the right foods, get exercise and take time to help them get their uniforms ready."

Another area families can help is by giving the member time to adequately study for promotion examinations and career development course studies, according to Callahan.

She points out that an indirect relationship exists between what happens in the family and how family issues affect the active-duty member's appraisal. "We rate the military member, not the family. But things that happen in the family can impact the member's performance," she said.

"The family really has little to do with (how) the performance areas (are rated). If the member is



Senior Airman Amie Gannon

Chief Master Sgt. Amerophan Callahan, 12th Air Force first sergeant, talks with Master Sgt. Frank Piedad about enlisted performance reports.

happy at home, he or she will be happy at work," she said. "A good family environment helps."

The climate of today's younger force has changed over the years, according to Callahan. Many young airmen can't find jobs to provide a secure income for their family, so they join the Air Force, and bring their financial problems from the civilian sector with them.

Callahan puts it in perspective. "You can't have a champagne taste on a beer budget. Many of our airmen go out and extend their credit cards to the limit because they want everything right now," she said.

"When I was an airman I never spent what I didn't have. I always had enough money and I wasn't ever poor. Today's airmen make a lot more than I did when I was their rank.

"Our senior NCOs also need to maintain a professional quality," she said. "They need to lead by example. If their personal life is in a shamble they have a difficult time leading their subordinates.

"Our senior NCOs should also be able to separate their personal life from their professional life. When a member makes bad judgment calls in their personal life, it usually causes them not to be able to make sound judgments in their professional life.

"Judgment and leadership are related," she said, "but separately

evaluated in our performance system. A lot depends on the member's conduct."

For the John Levitow Honor Graduate Award winner of Airman Leadership School Class 00-E, Staff Sgt. Jeffrey Hermann, 355th Civil Engineer Squadron, it's more than good conduct.

He credits four areas: finances, communication, time management and understanding military commitment to his successful military career, but added, each area offers positive or negative stressors for him and his family.

Hermann said educating his family about the military is important because what they do can affect him and his family.

He admits he hasn't ever experienced family problems that could cause a negative impact on his career.

"I take my Air Force career seriously," he said. "I believe my wife understands how important my career is. Her father was in the Navy. I believe she is used to coping with the extended absences and understands my military commitments.

"I can only imagine if I was at work and my mind was on an adverse family event that the situation would be demoralizing. How could my mind be on my work?"

**Finances** - "My family understands the importance on not

writing bad checks," he said. He credits having a good budget to good communications with his wife.

"Not having enough money now is a huge motivator for me to work harder for promotions," he said. He sewed on staff sergeant Aug. 1 after testing the first time.

Hermann finished his bachelor's degree this past spring and his wife will finish next spring.

**Time management** - "It seems like there's never enough time to get everything done," he said. "My wife understands I have commitments to the military, and we work together to solve family problems that require my attention.

"The support I get from my wife motivates me to want to provide more for my family. Every day I look forward to going to work and the challenges I face there."

**Communication** - "Being honest and open with each other is important," he said of his relationship with his wife. "When my wife needs me to do more around the house, she talks to me and lets me know I've been slacking off.

"Communication is the key to any relationship, and listening is the number-one ingredient that makes communication work. My wife has sacrificed a lot so I could finish my degree and pursue officer training school."

**Military commitment** - "Preparation is the biggest thing, but you must also prepare someone to take over your responsibilities at home," he said. When he was tasked to go on an extended temporary duty assignment to Southwest Asia, he started by making a list of everything he did around the house. He repeatedly went over the list. Then he helped his wife to understand the little things he does around the house, like the day to take the trash and recyclables out to the curb, and when to change the air-conditioner filter.

"We didn't think we could get through the separation, but before we knew it, I was back home."

"A lot of people think negative and are always wondering who is out to get them," he said. "We, on the other hand, are a pretty positive family."



# A and A Days: Cockpit notes

There are few athletes in the world who dedicate the majority of their life towards mastering a sport not on this earth. Boise, Idaho's Greg Poe has logged over 5,000 hours of flight as a pilot, performer and instructor. That's more than 208 solid, 24-hour days behind the controls.

Greg earned his pilot's license while as a teenager at the old Strawberry Glen Airport, near the Boise River. He attended local area schools and graduated from Boise State University in 1985.

Greg's first aerobatic flight made quite an impression, and left him determined to spend as much time possible in the air learning and perfecting aerobatics.

Over the next few years he earned his commercial, instrument and flight instructor ratings.

In 1988, he started entering aerobatic contests around the country and eventually competed in the U.S. National Aerobatic Championships, but it wasn't until Greg flew in his first airshow in 1992 at the Boise Airport that he found his niche.

While working as the production Test Pilot for Aviat Aircraft, flying the Pitts and Husky airplanes in 1995, Greg made the decision to have an entirely new airplane custom built for him.

That airplane -- the Crucial Edge 540 -- is considered the top aerobatic airplane in the world today, and has made Greg one of the most sought after airshow pilots on the circuit.

In 1999, he placed 2nd in the World Freestyle Sport Flying Championships, which aired on ESPN. In 2000, Greg will be one of seven pilots competing in the CASPA 2000 challenge series to be held at Dayton and Cleveland, Ohio, as well as Oshkosh, Wisconsin. The CASPA 2000 series will air on Speed Vision later this year.

In his 27 years as a pilot, Greg amassed those 5,000 hours in more than 100 different types of aircrafts. The range of unique aircraft vary from a Russian Mig-15 to the U. S. Airforce F-16 Fighter Jet, and the classic Stearman Bi-plane to the super aerobatic Russian Sukhoi. When not performing at airshows Greg enjoys spending time with his



Courtesy photo

wife and children, skiing, backpacking, flying the remote backcountry of Idaho and flying floatplanes.

Greg is currently sponsored by Crucial Technology and will perform in twenty airshow

events around the U.S. and Canada this year. He has also produced several aerobatic "how to" videos. To learn more about his videos, Greg's 2000 tour schedule and more, visit [www.gregpoe.com](http://www.gregpoe.com).

## Korea remembered



*(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events related to the Korean*

War.) This week in 1950, the following significant events occurred:

**Aug. 25:** Far East Air Forces directed 5th Air Force to maintain constant armed surveillance of enemy airfields to prevent

enemy build-up of air strength before the Inchon invasion.

**Aug. 26:** Fifth Air Force organized the 47th and 48th Troop Carrier Squadrons (Provisional) at Tachikawa with C-46s from all over the Far East theater to augment FEAF airlift resources for United Nations offensives planned for September. At Ashiya, Japan, Far East Air Forces organized the 1st Troop Carrier Task Force (Provisional) as the nucleus of the new Combat Cargo Command (Provisional). Maj. Gen. William Tunner, USAF, architect of the "Hump" airlift of World War II and the Berlin airlift, 1948-1949, assumed command of

Combat Cargo Command.

**Aug. 27:** Two U.S. Air Force Mustang pilots accidentally strayed into China and strafed an airstrip near Antung, mistaking it for a North Korean airstrip at Sinuiju. The Chinese exploited the incident to the fullest for propaganda and diplomatic purposes. The 92nd Bombardment Group sent 24 B-29s to Kyomipo to bomb the largest iron and steel plant in Korea. Far East Air Forces experimented with delayed action bombs to discourage enemy repairs on bridges.

**Aug. 30:** Before dawn an experimental B-29 flare mission illuminated the Han River in the Seoul area for a B-26 strike on an elusive enemy pontoon bridge.

# Scoreboard

## Bowling Tuesday Doubles (Week 11)

Team	W-L
Team 6	60-28
Team 1	53-35
Team 3	52-36
Team 7	44-44
Team 5	36-52
Team 2	36-52
Team 4	30-58
Team 8	29-59

**High Scratch Game - Men:** Lloyd Lee, 269; Jason Bauer, 255; Floyd Vaughn, 234  
**High Scratch Game - Women:** Vi Teer, 200; Joyce Vaughn, 180; Mary Jane Combs, 168  
**High Handicap Game - Men:** Lloyd Lee, 284; Jason Bauer, 270; Michael Donnerstag, 260  
**High Handicap Game - Women:** Mary Jane Combs, 280; Vi Teer, 254  
**High Scratch Series - Men:** Lloyd

Lee, 681; Floyd Vaughn, 629; Jason Bauer, 619  
**High Series Scratch - Women:** Joyce Vaughn, 506; Vi Teer, 492; Mary Jane Combs, 455  
**High Series Handicap - Men:** Lloyd Lee, 726; Floyd Vaughn, 692; Jason Bauer, 664  
**High Series Handicap - Women:** Mary Jane Combs, 791; Vi Teer, 654; Joyce Vaughn, 614

## Have-A-Ball Bag & Shoe (Week 18)

Team	W-L
Exterminators	81-63
Yeah Right	80-64
Heart Attacks	78-50
Stayin' Alive	73-71
Lefties	70-74
Alley Oops	67-77
Yustom Snowmen	65-79
The Gutterballs	62-82

**High Game - Men:** Scott Kerr, 234;

James Johnson, 202; Kirk Ray, 199; Arnold Nunes, 198; Joe Bauer, 192  
**High Game - Women:** Barb Nunes, 168; Judy Ashworth, 161; Candy Gregory, 160; Lisa Kerr, 148  
**High Series - Men:** Scott Kerr, 594; Steve Willis, 570; Arnold Nunes, 557; James Johnson, 538; Ray Hickle, 534  
**High Series - Women:** Barb Nunes, 476; Judy Ashworth, 462; Lisa Kerr, 437; Candy Gregory, 434; Angel Harrison, 363

## Golf Intramural - Tuesday (as of Aug. 15)

Team	W-L
EMS	47.5-16.5
SUPS #2	46-18
MSS	45-27
COMM	42-14
43 ECS	39-25
SVS	37.5-26.5

41 ECS	36-28
MDG	36-28
42 ACCS	33.5-38.5
12 AF #1	32-32
LSS	17.5-46.5
12 AF #3	12-52

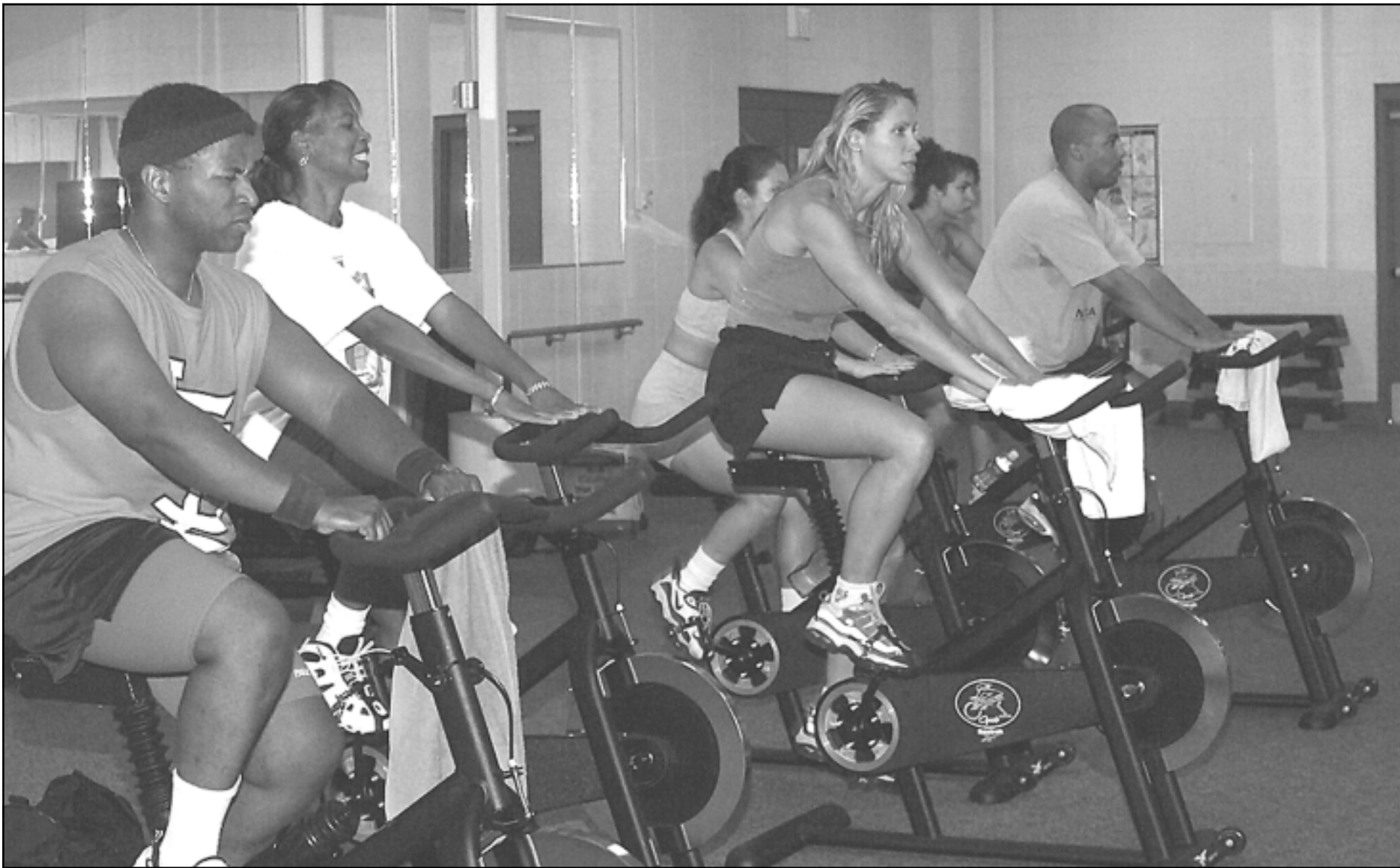
## Intramural - Wednesday (as of Aug. 16)

Team	W-L
SUPS #1	65-23
12 AF #2	64-24
CES	62.5-25.5
CRS	61-27
TRS	60.5-27.5
Det 2, 67 IG	52.5-35.5
25 OWS	42.5-45.5
SFS	37.5-50.5
OSS	37-51
CPTS	30-58
TRANS	10.5-77.5
42 ACCS #2	7-81



# Advertising





Airman 1st Class Maryann Walker

Corrine Mack (center) takes her spinning class through its paces at the Haeffner Fitness and Sports Center. Mack teaches a class Wednesdays from 10:10 to 11 a.m. and Saturdays from 11 a.m. to noon. Others are offered Mondays from 12:10 to 1 p.m., and Fridays from 12:10 to 1 p.m. Call the fitness center at 8-3714 for more information.

# Spinning class

## Aerobic workout at fitness center offers variety, challenge

**By 2nd Lt. Danielle Burrows**  
Public affairs

If you're looking to add variety to your workout routine, or just start an exercise program, you might want to check out the Spinning classes offered three days a week at the fitness center.

Spinning is a recently developed exercise routine, developed by Johnny Goldberg about 10 years ago, which uses a modified stationary bike that allows the rider to control pedaling resistance to their fitness level. Riders follow the instructor's directions to turn their dials at intervals in the workout, increasing pedaling speed and RPMs to simulate road racing or decreasing speed and RPMs to

simulate climbing a hill.

"I really enjoy teaching this new class," said Corinne Mack, who instructs the class Wednesday and Saturday. "It's a fun class to teach and participate in."

"I wasn't quite sure what the class entailed, but knew it had something to do with riding stationary bicycles," said Stephanie Yost, 355th Logistics Group executive officer, who recently took the class for a test drive.

"I had heard riding the bikes had the same effect as running on your own muscles and cardiovascular system, but without the impact. And since I run almost every day, I thought this would be a great way to spice things up."

The unique focus of a Spinning workout combines improving physical fitness and enhancing mental well-being, according to the Fitness Link Web site, [www.fitnesslink.com](http://www.fitnesslink.com).

"We began with a warm-up by slowly peddling on the bike," Yost said. "With a routine set to music, we peddled sprints, hills and more hills by adjusting the tension on the bike. The whole time, Steve, my instructor, walked around and corrected us on proper techniques, positioning, and motivated us to keep working to our max."

The workout burns between 500 and 800 calories in an hour.

"I was surprised to see how much of a sweat I worked up and how out of breath I was. It

was definitely challenging and I could feel the burn in my legs. I think we went for 43 minutes that day, but it went by so fast," Yost said.

"The best part was how sore I felt the next day. I knew then that I got a great work out and I couldn't wait to take the class again."

"The spinning class is a great way to build flexibility, stamina, and improve your overall cardiovascular health," Mack said.

Classes are offered Monday from 12:10 to 1 p.m., Wednesday from 10:10 to 11 a.m., Friday from 12:10 to 1 p.m., and Saturday from 11 a.m. to noon. Cost per class is \$2. Sign up at the fitness center or call 8-3714 for more information.

# Sports Shorts

## Friday Nite Fun league

The Friday Nite Fun bowling league is in search of bowlers for their fall league. An organization meeting is today at 6:30 p.m. at D-M Lanes. League bowling starts Sept. 8. Call Judy Thorne at 747-7587 for information.

## Youth bowling signups

Signups for the fall youth bowling leagues are Saturday from noon to 2 p.m., at D-M Lanes. The league begins Sept. 9. Call Beth Barksdale at 790-4447 for more information.

## OWC bowling league

The officers wives club is having an organizational meeting for their fall league Monday at 9 a.m. in the Saguaro Room at the officers club. The league bowls Mondays at 9:15 a.m. at D-M Lanes. The season lasts 30 weeks, and all league members must also be a member of the OWC. Cal Kathy Blohm at 747-4799 for more information.

## Golf clinics

Adult golf clinics continue throughout August, Tuesdays and Thursdays, 4:30 to 5:30 p.m. Ladies attend Tuesdays, and Thursdays are open to everyone. Clinics cost \$10 each. Register at the pro shop, or call 8-3734 for more information.

## Lady golfers coffee

The Davis-Monthan Women's Golf Association invites all 18-hole lady golfers to a welcome coffee Wednesday at 9 a.m. in the Eagles Nest. Call Katy Marr at 299-2385 for more information.

## Bowling promotion

Win thousands of dollars in cash and prizes, including a \$500 D-M grand prize during

Bowling for Bucks at D-M Lanes. Bowling for Bucks continues through Thursday. End-of-program drawings are Sept. 8. Learn more about summer bowling at D-M Lanes, 8-3461, or the library, 8-4381. The annual program is in three parts: Bowling for Bucks, Pinbusters and Bookbusters.

Patrons of the major Bowling for Bucks promotion pay for 10 games and get two free; their punch cards are then eligible for monthly cash and prize drawings. All completed punch cards are automatically entered into the \$500 grand prize drawing.

Pinbusters gives bowlers up to 18 years of age one free game for every three played. His or her punch card is entered into monthly cash and prize drawings, and becomes eligible to win \$100 in cash and prizes, in an end-of-program drawing. Bowling for Bucks and Pinbusters punch cards are at the D-M Lanes. League and special event games do not qualify.

Bookbusters, for grades 1 to 12, combines bowling with the Library Summer Reading Program. Students who read three books get a free game and a chance to win monthly prizes. Cards, issued and validated by the D-M Library, are eligible for a final grand prize drawing of \$100 in cash and prizes.

## League bowling

Winter leagues start Sept. 5 at the D-M Lanes. Teams compete mornings, afternoons and evenings, every day except Sunday. Early registration assures best team selection; sign up now at the D-M Lanes, or call 8-3461.

## Sports guard mania

The 355th Dental Squadron is holding its annual sports guard mania Sept. 6 and 7 from 4 to 6 p.m. at the dental clinic. No appointment is necessary. Sports guard mania is available for active duty only.

## Triathlon

The 8th Annual Sprint Triathlon is Sept. 17. Military and civilian men and women of all

ages take part in an 800-yard swim, a 12.5-mile bicycle race, and a 3.1-mile run. Individuals compete within age groups, and members of three-person teams participate in one event each. Singles register for \$35; teams pay \$45. Registration packets can be picked up anytime at the outdoor recreation center, in Bldg. 4430, or call 8-3736.

## Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week.

**Monday** - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)

**Tuesday** - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)

**Wednesday** - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)

**Thursday** - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)

**Friday** - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)

**Saturday** - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

## Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

# Advertising





## Chapel events

### Protestant schedule

**Today:** Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

**Saturday:** Couples' Bible Study, 7 p.m., call 749-5550 for more information.

**Sunday:** Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

**Tuesday:** Singles' Bible Study, 7:30 p.m., Building 3220.

**Wednesday:** Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

### Catholic schedule

**Saturday:** Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

**Sunday:** Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1; there will be no Confraternity of Christian Doctrine until September.

**Monday through Friday:** Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

**Wednesday:** Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

### Islamic schedule

**Today:** Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west. Visit the chapel's Web site at [www.dm.af.mil/chapel](http://www.dm.af.mil/chapel) for more information.

### For women only

"Meeting God In Change," a brand new Bible study geared just for women starts Sept. 5. Two study sessions will be available. One will run from 9:30 to 11:30 a.m. Child care will be provided. The other will run from 11:30 a.m. to 12:30 p.m. and is designed for those who can get away on their lunch break. Both will be held at Chapel 1 every Tuesday. For more information, please contact Sonja Snyder at 615-7708 or Chaplain Wido at 8-5411.



## On-base clubs

### Officers Club

**Today:** Burger Burn, 5 to 7 p.m.

**Saturday:** Prime rib for two, \$19.95

**Sunday:** Mini-brunch is 10 a.m. to 1 p.m.

**Monday:** Club, barbershop close at 2 p.m.

**Tuesday:** Prime rib for two, 5:30 to 8 p.m.

**Wednesday:** Crud teams, sign up now for the ACC event.

**Thursday:** Two-for-one beef or chicken fajitas, \$11.95.

### Desert Oasis Enlisted Club

**Today:** Prime rib for two, 5 to 8 p.m.

**Saturday:** Sports Bar opens at 5 p.m.

**Sunday:** Cabana delivers, 1 to 8 p.m.; call 747-3234.

**Tuesday:** Two-for-one steak night, 4:30 to 8 p.m. Bingo starts, 6 p.m.

**Wednesday:** Dollar Off Night!

**Thursday:** \$1.75 beverage specials.

### Dining facility closed

The Desert Inn Dining Facility is closed through Sept. 30 for renovation. During the closure, enlisted personnel will be on Basic Allowance for Subsistence at the daily rate of \$8.54. For dining facility information, call the 8-3030. Get answers to pay-related questions by calling military pay at 8-5111.

### Crud is coming

Enter your three-person team into the 3rd

**Continued on Page 23**

# Advertising

Annual Air Combat Command Crud Challenge.

Playoffs start in three weeks at the Officers club. The winner of the playoffs travels, expenses paid, to Nellis AFB, Nev., to represent D-M at the ACC finals, Oct. 25-27. All Officers club members – active duty, retiree, reservist or civilian – are encouraged to join or form a team. Teams can be male, female or mixed.

Volunteer playoff judges are needed now. They must be familiar with Crud rules, and be members of the O' Club. Players get a Crud Challenge T-shirt, and members of D-M's top team each get a \$100 club credit. The top three teams at the ACC level win grand prizes: a \$1,000 travel voucher for first-place team members, a \$500 voucher for second, and a \$250 voucher for third place.

ACC's national sponsor is Allied Domecq Spirits USA, makers of Canadian Club and Lava (no federal endorsement of sponsor intended). There's no charge to register or play. For entry or playoff schedule information, call club manager Sandy Velazquez, 748-0660.



## Community events

**Today:** Sign up for winter leagues at the D-M Lanes.

**Saturday:** Outdoor Rec trip to Peppersauce Cave, call 8-3736.

**Monday:** Pampered Chef is at the community center Marketplace, 6:30 p.m.

**Tuesday:** Triathlon is Sept. 17, register at outdoor rec, Building 4430. Ladies golf clinic, 4:30 to 5:30 p.m., call 8-3734.

**Wednesday:** Call the community center, 8-3717, for guitar lessons.

**Thursday:** Senior aerobics is at fitness center at 10 a.m., call 8-3714. Adult golf clinic, 4:30 to 5:30 p.m., call 8-3734.

## Tube the Salt

Don't miss the final Salt River tubing trip of the year, Sept. 9. Transportation leaves at 7:30 a.m., returns at 6 p.m., and costs \$12. Tubes are rented at the river, for \$10. A drivers license is required to rent tubes, and is held as deposit. Riders must be at least 8 years old and 4 feet tall. Space is limited. Come to the outdoor recreation center, Building 4430, or phone 8-3736.

## Contest deadline ends

D-M's portion of the U.S. Air Force Artist-Craftsman and Photography Contests ends Sept. 8, the last day to submit entries.

Artist-Craftsman entries can be in Fine Art, Textile Art, Industrial Art or Multicraft/Pattern Art. Photographs can be black & white or color, or submit Color Slides or Digital photos, in one of five categories: Military Life, People, Nature/Scenic, Creative Effects or Computer Enhancement. Local winners from both contests will be forwarded to the Air Combat Command and U.S. Air Force competition. Contact the Skills Center at call 8-4385, or come to Building 4531.



## Kids Week successful

Adults pictured (left to right) Dena Wakefield, EWC president, Renee Burch and Catherine Wilkes. Special thanks goes out to the Burch family for their inspiration and courage and also to the following people who made Kids Week 2000 a huge success: Col. Bobby and Catherine Wilkes, Mindy Knowles, Dena Wakefield, Nita and Jeana Hausmann, Katherine DoCarmo, Sherri Zimpleman, Gloria Rodriguez, Tracy Prewitt, Jenny Beckman, Linda Ellis, Sandy Hamilton, Col. Fran and Connie Hendricks, Ingrid Estrada, Cynthia Thomas, Marla Howe, Deborah Westa, Elaine Bauchuber, Sue Montoya, Ann Walsh, Lee Addison, Mary Bates, Holly Bonnizzio, Tina Williamson, Chris Bowles, Bo Treadway, Tech. Sgt. Russ Shirley, Maj. Ed and Mary Ann Shock, Lt. Col. Joe Whaley, Wendy Decatur, Roger Wulfe, Michael Watson, Dewey Brown, Tony Garcia, Andy King, Chris Andrews, Mary Jo Davee, Armondo Bracamonte, Joan Murry, Patty English and the children.

## Framing class

Save money and time by learning to frame your own photos, certificates and diplomas. There's a custom framing class, Sept. 7 and 14, at the skills center. Sessions meet, 5 to 6:30 p.m.; cost for the two-part class is \$20. Students will learn how to use molding and mats, how to cut and fit glass and Plexiglas and the basics of frame construction. Those completing the beginning course will have the basic skills needed to create their own custom frames. Another framing class is scheduled Sept. 28 and Oct. 5. Enroll at the skills center, Building 4531, or phone 8-4385.



## Family support

**Tuesday:** Time for Tots, 9:30 to 10:30 a.m., Chapel 1.

**Thursday:** Fun Time activity group, 9:30 to 10:30 a.m., Chapel 1.

## Smooth move

The family support center will conduct its next smooth move briefing on Sept. 6, from 8 to 11 a.m. at the community center, Building 4201. This briefing covers many topics related to making a permanent change of station move. To meet the needs of those traveling with their pets, additional information will be provided at the pets are family too workshop from 11 a.m. to noon. Both briefings are open to military members, Department of Defense employees, and their spouses. Reservations are required. Call 8-5690 for reservations.

## Resume, interview workshops

Are the months flying by faster than you want and you really need to get that resume finished? The family support center conducts a resume writing workshop Sept. 5 from 8 to 10 a.m. After learning how to write a quality resume, attend the interview workshop on Sept. 19 from 8 to 11 a.m. to help prepare for the job interview. Both workshops are held in

the community center. For more information or reservations, contact the family support center at 8-5690.

## Trip planner

Getting ready to move? The relocation assistance program is available to help military, DoD civilians, and their families. To find out more or to make an appointment for this service, call the family support center at 8-5690.

## VA benefit briefing

Any individuals who are 180 days from separating or retiring should attend one of the monthly transition assistance program seminars and receive the veterans affairs briefing on loans, education, and disability benefits. The family support center conducts an extra veterans affairs benefit briefing each month for members who are unable to attend the primary one. The next briefing is Thursday, Sept. 7, from 9 a.m. to 12 p.m., community center, Building 4201. Call 8-5690 for reservations.

## Strengthening step-families

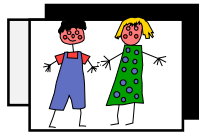
The family support center is offering "Strengthening Step-families," an educational course, today, 2 to 4 p.m. in the community center.

It help parents with step-families increase their knowledge, skills, and effectiveness in handling stepfamily issues. Call 8-5690 for more information or to sign up.

## Give parents a break

The next "Give Parents a Break" programs are scheduled for Sept. 16 and 30 from 2 to 6 p.m. This program offers free childcare to active duty Air Force parents who need a break from the stresses of parenting for a few hours. Families who are eligible for this program include those where a parent is feeling stress due to military member being deployed, recently moving to base or unique circumstances or hardships. For more information or a referral, call 8-5690.





## Youth programs

**Today:** Preteen back-to-school dance at the youth center, 6 to 9 p.m.

**Saturday:** Teen Radio Jam at the youth center, 7 to 9:30 p.m.

**Monday:** Teens can earn Teen Bucks at the youth center.

**Tuesday:** Youth center Power Hour is 4 to 5 p.m.

**Wednesday:** Keystone Club meets, 7 to 8 p.m., at youth center.

**Thursday:** NFL Monopoly Tournament at youth center, for teens/preteens.



## Movie theater

**Tonight:** The Perfect Storm, (PG-13), 7 p.m.

**Saturday:** Chicken Run, (G), 7 p.m.

**Sunday:** The Perfect Storm, (PG-13), 7 p.m.



## Other agencies

### Phone book recycling

Upon receipt of your new U.S. West DEX phone books, remember to recycle your old books at the base recycle center located at the corner of Yuma and Casa Grande Streets, Building 4868. In the center's yard, open 24 hours a day, will be specially marked recycle bins for the drop-off of the old phone books. This program continues through Sept. 12. Call Joe Uremovich, recycling manager, at 8-2296 with questions. Promote recycling!

### Indian heritage month

November is Native American and American Indian Heritage month. The 355th Wing Military Equal Opportunity Office is seeking volunteers as chairperson and committee members for this observance program. The committee would be responsible for planning and executing activities. Volunteers need not be of Native American descent but must have a genuine interest in enhancing cross-cultural awareness of American Indians' vital role in the history of our nation and their many

contributions to the freedom, prosperity and greatness of America today. Call Staff Sgt. John Carlton at 8-1192 for more information.

### First sergeants needed

Master sergeants and above interested in being a first sergeant are needed at Davis-Monthan Air Force Base and throughout the Air Force. Call 8-3319, for more information.

### Luke AFB invites D-M to the ball

Luke is planning an Air Force Ball for Sept. 16 at the Glendale Civic Center located at 5750 W. Glenn Drive celebrating the 53rd birthday of the U.S. Air Force. The ball begins with a social hour at 6 p.m. Dinner is served at 7 p.m. and music and dancing follow until midnight. Maj. Gen. Steve Polk, 19th Air Force commander, is the guest speaker. Mess dress or semi-formal uniform is the appropriate attire. Tickets prices vary according to rank and must be paid with cash or checks payable to "AF Ball 2000." There will be shuttle service to the ball from Luke AF base and the lodging office has rooms available on a first come first serve basis. The Luke Retired activities office is the POC for ticket sales and can be reached at DSN 896-3923 or via email at [retireesactivitiesoffice@luke.af.mil](mailto:retireesactivitiesoffice@luke.af.mil), [activitiesoffice@luke.af.mil](mailto:activitiesoffice@luke.af.mil) and [office@luke.af.mil](mailto:office@luke.af.mil).

For more information concerning the ball please contact Lt. Col. Paul McGillicuddy at (623) 856-5588 or DSN 896-5588.

### Watering hours

Lawn watering hours in family housing will be temporarily expanded for the month of August. Members of the 355th Civil Engineer Squadron will track water consumption, and if consumption remains normal, the expanded hours will become permanent. During the August test period, housing residents may choose to water their lawns from 5 to 8 a.m. or between 5 to 8 p.m., this will provide more flexibility for shift workers. Even numbered houses will still water on even numbered calendar days, and odd numbered addresses will continue to water on odd numbered calendar days. Residents are encouraged to maintain their lawns by prudent use of our water supply. Residents should not water their lawns during both time periods on the same day, or water the same lawn area for the entire three-

hour watering period. Call Beth Wilson, housing facilities chief, at 8-6609, for more information.

### Advisory council

The Davis-Monthan Air Force Base First Six Advisory Council, formerly known as the base advisory council, open to enlisted members from airman basic to technical sergeant, will meet 3 p.m., Sept. 6 in the Desert Oasis Enlisted Club. This association meets the first Wednesday of every month, unless otherwise posted, to discuss, resolve and, when possible, make improvements on issues discussed. Call Senior Airman Bobbijo Turnier at 8-9072 for more information.

### Community center CDC care

Hourly child care is available in the child development center's hourly care room at the community center, for ages 2 to 6. CDC caregivers are on duty Tuesdays and Fridays, 9 a.m. to noon and 1 to 4 p.m. The service is \$3 per child, per hour. Special scheduling arrangements can be made for larger groups. Hourly care is not drop-in care. Reservations should be made as early as possible. Call the CDC at 8-3336.

### Home buying workshop

The housing management flight will be sponsoring a home buying workshop on today, from 8 to 11 a.m. at the Desert Oasis Enlisted Club Building 3885 in the ballroom. Representatives a local utility company will provide information on energy efficient homes, a local building association will provide information on new home construction and future housing trends for the year 2000 and a mortgage banker will provide mortgage services information. Refreshments will be served. Call Tina West at 8-5548 for reservations.

### Wilmot gate closure

A two-phase improvement project has begun at the Wilmot gate. During construction, the Wilmot gate will be closed. Traffic is routed to the Swan gate; hours for the gate are 5:30 a.m. to 6:30 p.m. Monday through Friday during this phase. The Swan Road gate will be closed weekends, holidays and during 355th Wing down days.

During the second phase the Wilmot gate will be open and the Swan gate will return to its normal operating hours. Call Master Sgt. David Wilson at 8-2426 for more information.

# Advertising